



CONSTIPATION A NATURAL FACT— A NATURAL ANSWER!

Constipation can be very upsetting—but it happens to be nature's way of telling you your system is not getting all the roughage it needs to keep functioning regularly.

Try All-Bran—it's an entirely natural cereal made from wholesome wheat bran and it gives you the roughage often missing from modern refined foods. It's this natural roughage that makes All-Bran so effective in preventing constipation, because it gives the intestinal muscles the action they need and keeps them fit and strong.

You'll enjoy the taste of All-Bran—but if you prefer something a little sweeter Kellogg's Bran Buds are equally effective.

All-Bran or Bran Buds, eaten regularly, will keep you regular—naturally!



The new twin-set

MATERIALS.—8 (9 : 9) 50-grm. balls Emu Tweed (knits as 4-ply) for sweater; 6 (7 : 7) balls for jerkin; a pair each No. 10, No. 11 and No. 12 Aero knitting needles; a 2.5 mm. Aero crochet hook; 8 small plastic curtain rings or buttons.

Measurements.—To fit 34 (36 : 38) inch bust; length of sweater, 23 (23½ : 23½) inches; of jerkin, 23½ (23½ : 24) inches; sleeve seam of sweater, 17½ (18 : 18) inches.

Tension.—6 sts. and 11 rows to 1 inch in lace rib on No. 10 needles; 8 sts. and 10 rows in reverse stocking stitch on No. 11 needles.

THE SWEATER

THE BACK.—With No. 12 needles, cast on 138 (146 : 154) sts. and work 11 rows k. 1, p. 1 rib. **Next row.**—Rib 3 (2 : 1), (k 2 tog., rib 3, k. 2 tog., rib 2) to end. 108 (114 : 120) sts. Change to No. 10 needles and patt. thus: **Patt. row.**—(K. 1, y.f., k. 2 tog.) to end. Rep. this row until back measures 15½ ins., ending after wrong-side row.

Shape Armholes.—Cast off 4 (5 : 6) sts. at beg. of next 2 rows; dec. 1 st. at both ends of next 5 rows; then on foll. 3 (4 : 5) alt. rows. 84 (86 : 88) sts. **Cont.** straight until armholes measure 7½ (7½ : 8) ins., ending after wrong-side row.

Shape Shoulder and Neck. **Next row.**—Cast off 7, patt. until there are 25 (26 : 27) sts. on needle, turn; leave rem. sts. on spare needle. **Next row.**—K. 2 tog., patt. to end. **Next row.**—Cast off 7, patt. to last 2 sts., k. 2 tog. Rep. last 2 rows once. Work 1 row. Cast off rem. sts. Return to rem. sts. With right side facing, sl. next 20 sts. on spare needle, rejoin yarn to rem. sts. and work to match 1st side, reversing shapings.

THE FRONT.—Work as for back to **. **Cont.** straight until armholes measure 5½ (5½ : 6) ins.

Shape Neck. **Next row.**—Patt. 34 (35 : 36) sts., turn; leave rem. sts. on spare needle. Dec. 1 st. at neck edge on next 6 rows. 28 (29 : 30) sts. **Cont.** straight until armhole matches back to shoulder, ending armhole edge.

Shape Shoulder.—Cast off 7 sts. at beg. of next row and foll. 2 alt. rows. Work 1 row. Cast off rem. sts. Return to rem. sts. With right side facing, sl. next 16 sts. on spare needle for neck, rejoin yarn to rem. sts. and work to match 1st side, reversing shapings.

THE SLEEVES.—With No. 12 needles, cast on 51 (54 : 57) sts. and work 2½ ins. k. 1, p. 1 rib, beg. and ending alt. rows p. 1 on 1st and 3rd sides. Change to No. 10 needles and patt., inc. 1 st. at both ends of 5th row and every foll. 12th (12th : 11th)

row to 75 (80 : 85) sts. Work straight until sleeve measures 17½ (18 : 18) ins., ending after wrong-side row.

Shape Top.—Cast off 4 (5 : 6) sts. at beg. of next 2 rows; dec. 1 st. at both ends of next row and every foll. 4th row to 55 (58 : 61) sts.; then every alt. row to 31 (32 : 33) sts. Cast off 3 sts. at beg. of next 4 rows. Cast off rem. sts.

THE POLO COLLAR.—Join right shoulder seam. With right side facing, using No. 11 needles, pick up and knit 22 sts. down left side of neck, k. 16 sts. on centre front, pick up and k. 22 sts. up right side of neck, 5 sts. down right back neck, k. 20 sts. on centre back, pick up and k. 5 sts. up left back neck 90 sts. Work in patt. for 2½ ins. Change to No. 10 needles and work a further 2½ ins. Cast off.

THE JERKIN

THE BACK.—With No. 12 needles, cast on 145 (153 : 161) sts. and work 12 rows k. 1, p. 1 rib, beg. and ending alt. rows p. 1. Change to No. 11 needles and, beg. with p. row, cont. in reverse st.-st. (p. side right side) until back measures 15 ins., ending after k. row.

Shape Armholes.—Cast off 9 (10 : 11) sts. at beg. of next 2 rows; dec. 1 st. at both ends of next 9 rows; then on foll. 4 (5 : 6) alt. rows. 101 (105 : 109) sts. **Cont.** straight until armholes measure 8½ (8½ : 9) ins., ending after k. row.

Shape Shoulder and Neck. **Next row.**—Cast off 8 sts., p. until there are 26 (27 : 28) sts. on needle, turn; leave rem. sts. on spare needle. **Next row.**—K. 2 tog., k. to end. **Next row.**—Cast off 8 sts., p. to last 2 sts., p. 2 tog. Rep. last 2 rows once. Work 1 row. Cast off rem. sts. Return to rem. sts. With right side facing, sl. next 33 (35 : 37) sts. on spare needle, rejoin yarn to rem. sts. and work to match 1st side, reversing shapings.

THE LEFT FRONT.—With No. 12 needles, cast on 71 (75 : 79) sts. and work 12 rows rib as back. Change to No. 11 needles and reverse st.-st., and cont. until front measures as back to armhole, ending after k. row.

Shape Armhole.—Cast off 9 (10 : 11) sts. at beg. of next row; dec. 1 st. at armhole edge on next 10 rows; then on foll. 3 (4 : 5) alt. rows. 49 (51 : 53) sts. **Cont.** straight until armhole measures 6½ (6½ : 7) ins., ending at front edge.

Shape Neck.—Cast off 11 (12 : 13) sts. at beg. of next row; dec. 1 st. at neck edge on next 8 rows. 30 (31 : 32) sts. **Cont.** straight until armhole matches back to shoulder, ending armhole edge.

Shape Shoulder.—Cast off 8 sts. at beg. of next row and foll. 2 alt.

Made in a silky,
tweed-textured yarn,
this matching
waistcoat and sweater
set has the
hallmark of elegance
and luxury

rows. Work 1 row. Cast off rem. sts.

THE RIGHT FRONT.—Work to match left front, reversing all shapings.

THE FRONT BANDS.—With No. 12 needles, cast on 11 sts. for left band and work in rib as back welt until band fits left front edge. Leave sts. on safety-pin. Mark position of buttons on band with pins, 1st one 1 ($1\frac{1}{2}$: $1\frac{1}{2}$) ins. up from lower edge, 7th $2\frac{1}{2}$ ins. down from top and 5 more spaced evenly between.

Work as for left front band, working buttonholes at pin positions thus:
1st row.—Rib 4, cast off 3, rib to end.
2nd row.—Rib 4, cast on 3, rib to end. Leave sts. on needle.

THE NECKBAND.—Join shoulder seams. With right side facing, using No. 12 needles, rib across sts. of right front band, pick up and k. 30 (31:32) sts. up right side of neck, 6 sts. down right back neck, k. 33 (35:37) sts. on centre back, pick up and k. 6 sts. up left back neck, 30 (31:32) sts. down left side of neck, rib 11 sts. of left front band. 127 (131:135) sts. Work 4 rows k. 1, p. 1 rib as back welt. **Next row.**—Rib to last 7 sts., cast off 3, rib to end. **Next row.**—Rib 4, cast on 3, rib to end. Rib 4 rows. Cast off in rib.

THE ARMBANDS (2).—With right side facing, using No. 12 needles, pick up and k. 144 (150:156) sts. along armhole edge. Work 10 rows k. 1, p. 1 rib. Cast off in rib.

THE BUTTONS.—With crochet hook, work d.c. over each curtain ring until completely covered. Break yarn, leaving an end, thread end through top of each d.c., draw up to centre and pull tightly. Fasten off, leaving end to sew on.

TO MAKE UP.—Press pieces lightly with cool iron over dry cloth. Join left shoulder and collar seam of sweater, reversing collar seam for last $2\frac{1}{2}$ ins. Join side and sleeve seams. Sew in sleeves. Join side seams of jerkin. Sew on front bands. Sew on buttons. Press seams.

Accessories: Shirt, Gord-May; shoes, Russell & Bromley; lights, May Quail.

ABBREVIATIONS

K., knit; p., purl; sts., stitches; ins., inches; rep., repeat; rem., remain(ing); tog., together; alt., alternate; beg., beginning; cont., continue; foll., following; y.f., yarn forward; patt., pattern; inc., increas(e)ing; dec., decreas(e)ing; st-st., stocking stitch; sl., slip; double d.c., crochet.

Note.—Figures in brackets refer to larger sizes; where only one figure is given, this refers to all sizes.

